

DINNER

Gonzales Meat Loaf

5 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
15 min	15 min	8	\$2.62	448 kcal

Gonzales Meat Loaf takes approximately 15 minutes from beginning to end. This recipe makes 8 servings with 474 calories, 31g of protein, and 26g of fat each. For \$2.62 per serving, this recipe covers 19% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¼ cup firmly packed brown sugar
- ☐ 3 large eggs, lightly beaten
- ☐ 4 garlic cloves, minced
- ☐ 2 tablespoons hot sauce
- ☐ 1 teaspoon pepper
- ☐ 1 medium size red onion, chopped
- ☐ ¼ cup Worcestershire sauce
- ☐ 1 cup fine, dry breadcrumbs
- ☐ ½ cup chopped fresh cilantro
- ☐ 2 pounds ground sirloin
- ☐ 6 ounces 1/2 cups shredded Monterey Jack cheese
- ☐ 2 plum tomatoes, seeded and chopped
- ☐ 2 teaspoons salt

EQUIPMENT Oven, Wire rack, Baking pan

Method

- 1

Combine all ingredients. Shape into a 9- x 5-inch loaf, and place on a lightly greased wire rack in a baking pan.
- 2

Bake at 350 for 45 minutes; increase heat to 425, and bake 15 more minutes or until done.
- 3

Let meat loaf stand 10 minutes before serving.

Nutrition per serving

448

KCAL

31 g

PROTEIN

26 g

FAT

21 g

CARBS

Saturated Fat	11.5 g · 72% of daily needs
Fibre	1.2 g · 5% of daily needs
Sugar	9.6 g · 11% of daily needs
Sodium	1,111 mg · 48% of daily needs
Cholesterol	166 mg · 55% of daily needs
Vitamin C	7.4 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/gonzales-meat-loaf-147902